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In 3 Hh  
Housekeepers' Chat

Friday, October, 17, 1930.

NOT FOR PUBLICATION

Subject: "Another Sunday Dinner Menu." From Bureau of Home Economics,  
U. S. D. A.

Bulletin available: "Aunt Sammy's Radio Recipes." "Infant Care."

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Let's begin with the Sunday menu this morning. While you are sharpening your pencils and filling your pens, I'll get my recipes in order. We begin with chicken today, and conclude with Coffee Bavarian Cream.

Everybody prepared to write a Sunday menu? Smothered Chicken; Scalloped Sweet Potatoes and Apples; String Beans; Lettuce with a Tart Dressing; Coffee Bavarian Cream.

First, I shall give you the directions for cooking the Smothered Chicken. If you have never served this dish, I think you'll be glad to add it to your meat dishes. Only five ingredients, for Smothered Chicken:

1 broiler chicken weighing	2 tablespoons flour
about 2 to 2-1/2 pounds	1/2 teaspoon salt, and
4 tablespoons butter	1 pint milk

Five ingredients, for Smothered Chicken: (Repeat).

Put the chicken in a greased shallow pan, with the skin side down, and sprinkle lightly with salt. Prepare a sauce of the butter, flour, salt, and milk. Pour this sauce over the chicken. Put the pan into a moderate oven and cook for 1 hour. Turn the chicken, and continue the cooking for one-half hour longer, or until the chicken is tender and lightly browned. Serve from the dish in which cooked, garnished with chopped parsley. If the gravy is slightly curdled remove the chicken, add a little flour and milk, stir until well blended and smooth, add the chicken, reheat, and serve.

There's a recipe for Scalloped Sweet Potatoes and Apples on page 21, in the Radio Cookbook, so we won't discuss this good-tasting dish.

Coffee Bavarian Cream is the next recipe on our list. It is one of these delicious gelatin desserts which seem to belong to a Sunday dinner. Seven ingredients, for Coffee Bavarian Cream:

2 tablespoons gelatin	3 egg whites
1/2 cup cold water	1/4 teaspoon salt and
2 cups fresh hot coffee	1 pint cream, whipped
1 cup sugar	





Seven ingredients, for Coffee Bavarian Cream: (Repeat).

Soak the gelatin in the cold water for 5 minutes. Add the hot coffee and sugar. Stir until gelatin and sugar are dissolved. Chill until partially set, and beat until foamy. Beat the whites of the eggs, with the salt, until stiff, and fold into the gelatin mixture. Then fold in the whipped cream, pour into a mold, and put in a cold place until firm. Turn out onto a platter for serving.

Won't that be good, for Sunday dessert? Let's read our menu again: Smothered Chicken; Scalloped Sweet Potatoes and Apples; String Beans; Lettuce with a Tart Dressing; Coffee Bavarian Cream.

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There are two questions to answer today. The first is from a young mother who asks whether "baby walkers" are harmful. They are. Baby Walkers should never be used, nor should any other device which forces the baby to walk with his legs spread apart. A baby walker may overtire a child, because it holds him too long in a confined space, and forces him to take a more or less rigid position.

Don't teach the baby to walk until he is ready for it, and shows that he is. Too early walking may keep the natural bowing of a little baby's legs from straightening out, or may actually increase it. Do you know that at birth, a normal baby's legs are somewhat bowed? As he grows older, they straighten, unless he has rickets, or walks too soon.

The second question is one often asked by modern parents: "What kind of a baby carriage should we choose?"

For ordinary use, about the home, the carriage should be at least two feet from the ground. It should have room for the baby, with the necessary wrappings, either lying full length or sitting up. The carriage cover should be adjustable, to protect the baby from the wind. The carriage should have strong, well-balanced springs. It should stand squarely on four wheels. If it is to be used for outdoor naps, it should have a good full-length mattress that will lie flat. Don't use the carriage for sleeping, after the baby is too large to stretch out his full length in it.

Remember that a baby is more cramped in a carriage than in a bed; turn him once or twice during every nap. Cover the carriage with a net, to keep out flies or mosquitoes.

For the baby old enough to sit up, a safety strap that fastens about his waist gives greater protection than the ordinary carriage strap. Provide a small mattress for the baby to sit on, so that his feet will be low, and hence more comfortable.

If you want to know more about the care of babies, and how they should be brought up, please write for "Infant Care." It is free, and the best book I have ever read, on the care of babies.

Next Monday we'll have another menu.

